



Lightened Buttermilk Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



1435 kcal

SIDE DISH

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter cold cut into pieces
- ☐ 2 cups flour all-purpose
- ☐ 1.3 cups nonfat buttermilk
- ☐ 0.5 teaspoon salt

Equipment

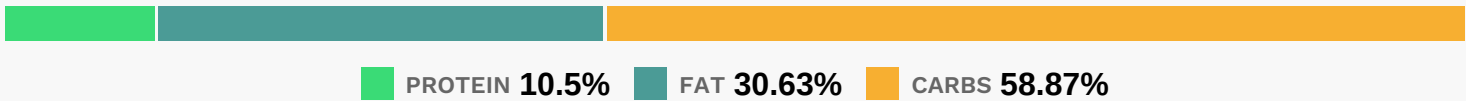
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients in a large bowl; cut in butter with a pastry blender until mixture resembles coarse meal. Chill 10 minutes.
- ☐ Add buttermilk to flour mixture, stirring just until moistened. Turn dough out onto a lightly floured surface; knead lightly 3 or 4 times.
- ☐ With floured hands, pat dough into a 1/2-inch-thick rectangle (about 9 x 5 inches); dust top with flour. Fold dough over itself in 3 sections, starting with short end (as if folding a letter-size piece of paper). Repeat once, beginning with patting dough into a rectangle.
- ☐ Pat dough to 3/4-inch thickness.
- ☐ Cut dough with a 2-inch round cutter, and place 1 inch apart on a parchment paper-lined baking sheet.
- ☐ Bake at 400 for 13 to 15 minutes or until golden brown.
- ☐ Remove from baking sheets to wire racks; cool 2 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:217, Glycemic Load:140.57, Inflammation Score:-9, Nutrition Score:37.723043415857%

Nutrients (% of daily need)

Calories: 1434.58kcal (71.73%), Fat: 48.47g (74.58%), Saturated Fat: 29.56g (184.73%), Carbohydrates: 209.61g (69.87%), Net Carbohydrates: 202.84g (73.76%), Sugar: 15.5g (17.22%), Cholesterol: 127.93mg (42.64%), Sodium: 2864.72mg (124.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.4g (74.79%), Vitamin B1: 1.97mg (131.02%), Selenium: 85.34µg (121.92%), Folate: 459.2µg (114.8%), Manganese: 1.71mg (85.46%), Vitamin B3: 14.78mg (73.92%), Vitamin B2: 1.25mg (73.78%), Iron: 12.72mg (70.68%), Calcium: 677.89mg (67.79%), Phosphorus:

502.72mg (50.27%), Vitamin A: 1418.18IU (28.36%), Fiber: 6.77g (27.08%), Copper: 0.36mg (18.09%), Magnesium: 58.87mg (14.72%), Zinc: 1.81mg (12.03%), Vitamin B5: 1.16mg (11.57%), Vitamin E: 1.47mg (9.78%), Potassium: 283.36mg (8.1%), Vitamin B6: 0.11mg (5.59%), Vitamin K: 4.72µg (4.5%), Vitamin C: 3.55mg (4.3%), Vitamin B12: 0.1µg (1.61%)